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Delhi Board

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Q. 1. Read the passage given below and answer the questions that follow: 8 marks

The term dietary fibres refers collectively to indigestible carbohydrates present in plant foods. The importance of these dietary fibres came into the picture when it was observed that the people having diet rich in these fibres, had low incidence of coronary heart disease, irritable bowel syndrome, dental caries and gall stones.

The foodstuffs rich in these dietary fibres are cereals and grains, legumes, fruits with seeds, citrus fruits, carrots, cabbage, green leafy vegetables, apples, melons, peaches, pears etc.

These dietary fibres are not digested by the enzymes of the stomach and the small intestine whereas most of other carbohydrates like starch and sugar are digested and absorbed. The dietary fibres have the property of holding water and because of it, these get swollen and behave like a sponge as these passes through the gastrointestinal tract. The fibres add bulk to the diet and increase transit time in the gut. Some of these fibres may undergo fermentation in the colon. In recent years, it has been considered essential to have some amount of fibres in the diet. Their beneficial effects lie in preventing coronary heart disease, and decreasing cholesterol level. The fibres like gums and pectin are reported to decrease post-prandial (after meals) glucose level in blood. These types of dietary fibres are recommended for the management of certain types of diabetes. Recent studies have shown that the fenugreek (Methi) seeds, which contain 40 per cent Burn, are effective in decreasing blood glucose and cholesterol levels as compared to other gum containing vegetables.

Some dietary fibres increase transit time and decrease the time or release of ingested food in colon. The diet having less fibres is associated with colon cancer and the dietary fibres may play a role in decreasing the risk of it.

The dietary fibres hold water so that stools are soft, bulky and readily eliminated. Therefore high fibre intake prevents or relieves constipation. The fibres increase motility of the small intestine and the colon and by decreasing the transit time there is less time for exposure of the mucosa to harmful toxic substances. Therefore, there is a less desire to eat and the energy intake can be maintained within the range of requirement. This phenomenon helps in keeping a check on obesity. Another reason in helping to decrease obesity is that the high-fibre diets have somewhat lower coefficients of digestibility.
The dietary fibres may have some adverse effects on nutrition by binding some trace metals like calcium, magnesium, phosphorus, zinc and others and therefore preventing their proper absorption. This may pose a possibility of nutritional deficiency especially when diets contain marginal levels of mineral elements. This may become important constraints on increasing dietary fibres. It is suggested that an intake of 40 grams dietary fibres per day is desirable.

(Extracted from 'The Tribune')

(a) On the basis of your reading of the above passage make notes on it in recognizable abbreviations wherever necessary. Also, suggest a suitable title.

(b) Write a summary of the above in about 80 words. 3 marks

Q. 2. Read the passage given below and answer the questions that follow: 12 marks

1. Air pollution is an issue which concerns us all alike. One can willingly choose or reject a food, a drink or a life comfort, but unfortunately there is little choice for the air we breathe. All, what is there in the air is inhaled by one and all living in those surroundings.

2. Air pollutant is defined as a substance which is present while normally it is not there or present in an amount exceeding the normal concentrations. It could either be gaseous or a particulate matter. The important and harmful polluting gases are carbon monoxide, carbon dioxide, ozone and oxides of sulphur and nitrogen. The common particulate pollutants are the dusts of various inorganic or organic origins. Although we often talk of the outdoor air pollution caused by industrial and vehicular exhausts, the indoor pollution may prove to be as or a more important cause of health problems.

3. Recognition of air pollution is relatively recent. It is not uncommon to experience a feeling of 'suffocation' in a closed environment. It is often ascribed of the lack of oxygen. Fortunately however, the composition of air is remarkably constant all over the world. There is about 7.9 per cent nitrogen and 21 per cent oxygen in the air—the other gases forming a very small fraction. It is true that carbon 'over-crowded dioxide exhaled out of lungs may accumulate in a closed and place. But such an increase is usually small and temporary unless the room is air-tight. Exposure to poisonous gases such as carbon monoxide may occur in a closed room, heated by burning coal inside. This may also prove to be fatal.

4. What is more common in a poorly ventilated home is a vague constellation of symptoms described as the sick-building syndrome. It is characterized by a general feeling of malaise, head-ache, dizziness and irritation of mucous membranes. It may also be accompanied by nausea, itching, aches, pains and depression. Sick building syndrome is getting commoner in big cities with the small houses, which are generally over-furnished. Some of the important pollutants whose indoor concentrations exceed those of the outdoors include gases such as carbon monoxide, carbon dioxide, oxides of nitrogen and organic substances like spores, formaldehydes, hydrocarbon aerosols and allergens. The sources are attributed to a variety of construction materials, insulations, furnishings, adhesives, cosmetics, house dusts, fungi and other indoor products.

5. By-products of fuel combustion are important in houses with indoor kitchens. It is not only the burning of dried dung and fuelwood which is responsible, but also kerosene and liquid petroleum gas. Oxides of both nitrogen and sulphur are released from them combustion.
6. Smoking of tobacco in the closed environment is an important source of indoor pollution. It may not be high quantitatively, but significantly hazardous for health. It is because of the fact that there are over 3000 chemical constituents in tobacco smoke, which have been identified. These are harmful for human health.

7. Micro-organisms and allergens are of special significance in the causation and spread of diseases. Most of the infective illnesses may involve more persons of a family living in common indoor environment. These include viral and bacterial diseases like tuberculosis.

8. Besides infections, allergic and hypersensitivity disorders are spreading fast. Although asthma is the most common form of respiratory allergic disorders, pneumonias are not uncommon, but more persistent and serious. These are attributed to exposures to allergens from various fungi, molds, hay and other organic materials. Indoor air ventilation systems; coolers, air-conditioners, dampness, decay, pet animals, production or handling of the causative items are responsible for these hypersensitivity-diseases.

9. Obviously, the spectrum of pollution is very wide and our options are limited. Indoor pollution may be handled relatively easily by an individual. Moreover, the good work must start from one's own house.

(a) (i) what is an air pollutant? 1 mark

(ii) In what forms are the air pollutants present? 2 marks

(iii) Why do we feel suffocated in a closed environment? 1 mark

(iv) What is sick building syndrome? How is it increasing? 2 marks

(v) How is indoor smoking very hazardous? 1 mark

(vi) How can one overcome the dangers of indoor air pollution? 2 marks

(b) Find the words form the above passage which mean the same as the following: 3

(i) giddiness (para 4)

(ii) constant (para 8)  

(iii) humidity (para 8)

SECTION-B: (ADVANCED WRITING SKILLS) 35 marks

Q.3. On 30th November your school is going to hold its annual sports day. You want Mr. Dhanraj Pillai, a noted hockey player to give away the prizes to the budding sportspersons of the school. Write a formal invitation in about 50 wards requesting him to grace the occasion. 5 marks

You are Karuna/Karan, Sports Secretary, Sunrise Global School, Agra.

OR

Your club is going to organise an interclass singing competition’ Write a notice in about 50 words inviting names of the students who want to participate in it. Give all the necessary details. You are Navtej/Navita, Secretary, Music Club, Akash Public School, Agra.
Q.4. Your school organised a seminar on Swine Flu for creating awareness among students of your school, and their parents. As secretary of the Health Club of Oasis Public School, Hyderabad, write a report in 100-125 words for 'The Deccan Herald'. 10 marks

OR

The Debating Society of your school has recently held a workshop on 'Continuous and Comprehensive Evaluation' (CCE) introduced for the students of Class X in all schools. The students discussed the assessment made by the school based on their participation in various activities and the system of grading. Write a report in 100-125 words for your school magazine. You are Parveen/Payal, Secretary of the Society.

Q.5. A major bus mishap which left several people seriously injured took place at Nicholas Road, Nungambakkam, Chennai. Luckily no life was lost. Collect the information from the eyewitnesses and send a report in 100-125 words to 'The Nungambakkam Times'. You are Vinod/Vinodhini, a reporter. 10 marks

OR

On Teacher 's Day, you read in a newspaper that, privately owned and managed schools in small towns or even in the suburbs of metropolitan cities exploit their teachers by paying them just a fraction of their authorised salaries. This affects their performance in the classroom and thus the lives of their students. Write a letter in 120 - 150 words to the editor of a national daily raising your voice against such exploitation. Suggest ways to solve this problem. You are Navtej/Navita, IL2 Taj Road, Agra.

Q.6. You saw a stray dog beaten to death by a group of boys. Their act infuriated you and you scolded them for their cruel act. You decided to write an article on cruelty to animals. Write the article in 125-150 words. You are Nikhil/Naina. 10 marks

OR

You are Aiay/Anu, Head Boy/Girl of Kendriya Vidyalaya, Kanpur. You have seen some students of junior classes littering the school compound and verandas with tiffin left-overs. It makes the school look unclean and untidy. Write a speech in 150-200 words to be delivered in the morning assembly, advising such students to keep the school neat and clean.
SECTION – C (TEXT BOOKS) 30 marks

(Based on New Textbooks)

Q. 7. Read the extract given below and answer the questions that follow: 4 marks

Driving from my parent's home to Cochin last Friday morning, I saw my mother, beside me, doze, open mouthed, her face ashen like that of a corpse and realised with pain that she was as old as she looked...

(i) Where was, the poet driving to?

(ii) Why was her mother's face looking like that of a corpse?

(iii) What did the poet notice about her mother?

OR

Or beauty rest in a beautiful mountain scene,
You have the money, but if you want to be mean,
Why keep your money (this crossly) and go along.
The hurt to the scenery wouldn't be my complaint
So much as the trusting sorrow of what is unsaid

(a) What attraction does the place offer? 1 mark

(b) What should one do if one wants to be mean? 1 mark

(c) What does the poet not complain about? 1 mark

(d) What do you think is the real worry of the poet? 1 mark

Q. 8. Answer any two of the following questions in about 30-40 words: 4 marks

(a) How does Kamala Das try to put away the thoughts of her ageing mother?

(b) Which is the exotic moment that the poet refers to in 'Keeping Quiet'?

(c) What are the difficulties that aunt Jennifer faced in her life?
Q. 9. Answer any four of the following in 30 - 40 words each: 12 marks

(a) What did garbage mean to the children of Seemapuri and to their parents?
(b) How did Rajkumar Shukla establish that he was resolute?
(c) 'Life is what it is all about,' How is keeping quite related to life?
(d) Mention any four things of beauty that add joy to our life.
(e) The manner of his (the Tiger King's) death is a matter of extraordinary interest. Comment.
(f) In what condition, did Dr. Sadao find the American soldier at the seashore?

Q.10. What did the French teacher tell his students in his last French lesson? What impact did it have on them? Why? 5 marks

OR

'Lost Spring' explains the grinding poverty and traditions that condemn thousands of people to a life of subject poverty. Do you agree? Why/Why not?

Q.11. How did the Tiger King meet his end? What is ironical about his fate? 5 marks

OR

Zitkala Sa's experience in 'Memories of childhood is that of a victim of the caste system. What kind of discrimination does Bama's experience depict? What are their responses to their respective situations?

SECTION-D: (NOVEL) 15 marks

(Long Reading Text)

Attempt any Question either Q.No.12 or Q. No. 13

Q.12. Attempt a character sketch of Nancy Lammeter.

OR

Who was Sarah in Silas Mamer? Why did she reject Silas and marry William Dane? What inference do you draw about her?

Q.13. Sometimes the plan or the intention behind some ambitious innovation is so wicked that the accomplishment of it is either prevented from or if it is done, it is done with some irreparable faults. Justify the statement with Griffin's plans and intentions.

OR

How is Silas Marner of Raveloe different from the Silas Marner of Lantern yard in Eliot's Silas Marner?
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